

Respiratory Infections (Viral)

Many different viruses may cause colds and viral respiratory illnesses with fever. These illnesses are very common during fall and winter months.

CAUSE: Many different viruses

SYMPTOMS: Runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat, and cough which may last 2 to 7 days.

TRANSMISSION: Person-to-person by direct contact with secretions from the nose and mouth. Spread also occurs from hands, tissues or other items soiled with nose and mouth secretions from an infected person.

INCUBATION: It takes up to 8 days after exposure for symptoms to develop.

CONTAGIOUS PERIOD: Until shortly before symptoms begin and for duration of acute symptoms.



EXCLUSION

Until fever is gone without the use of fever reducing medication and the child is well enough to participate in normal daily activities.

Prevention & Control

1. Cover mouth when coughing and sneezing, with tissue if possible.
2. Properly dispose of contaminated tissues.
3. Clean and sanitize mouthed toys at least daily and when soiled.



1. Bleach Sanitizer (Use non-scented)

- 1 teaspoon bleach in 1 gallon water
- $\frac{1}{4}$ teaspoon bleach in 1 quart water

USE TEST STRIP TO CHECK CONCENTRATION.

DO NOT RINSE, LET AIR DRY.

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial or food grade sanitizer that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.

4. Wash hands frequently and thoroughly with soap and warm running water for at least 20 seconds. If hand sanitizers are used, they may be used only after thorough hand washing.
5. Diagnosis: Children with high fever or persistent sore throat or cough should see a physician.
6. Treatment: There is no specific treatment for more respiratory viruses. Medication may be prescribed for symptom relief.

For more information, you or your physician may call the Central District Health Department at 385-5175, or your local health department.